

The Bullet

Since 1922



Vol. 83, No. 3

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Cross Country



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Super Fruits



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September 17, 2009

Finance Committee Has \$20,000 More For Club Requests

By DAVID NOEL
Staff Writer

The Finance Committee has nearly \$20,000 more to meet finance requests during this upcoming year than it did last year, due to a redistribution of funds and the shifting of requests from spring to fall.

The committee does not yet know where this money will go because clubs have not requested the money this early in the year.

According to Finance Committee Chair Kelly Caldwell, the actual total budget of the Finance Committee decreased from \$515,000 in 2008-2009 to \$485,000 in 2009-2010. However, the amount the Finance Committee allocated in their final budget for the year, not including money to meet finance requests, also decreased from around \$395,000 to \$325,000.

This left roughly \$120,000 to be dis-

tributed throughout the year in the 2008-2009 academic year and \$135,000 to be distributed for the 2009-2010 academic year. This was the shifting of current funds, rather than the allocation of new funds.

According to the Finance Committee website, their goal is to "allocate and distribute funds to eligible clubs as efficiently and equitably as possible." Allocating these funds is a process that takes place over a several month period, which is described in the Finance Committee bylaws.

First, clubs request funding at Spring Budget Hearings, held no later than April 10.

Second, the Finance Committee uses these requests, in combination with the previous year's budget, to complete an Initial Budget by the end of May.

Finally, clubs are then notified of the

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Students Meet to Plan the Future of SHH at Summit



Miles Dumville/Bullet

These eco-friendly clutches are being sold at the UMW Bookstore as a way to support the Honduran women who made them.

By EMILY MONTGOMERY
Staff Writer

This year's Students Helping Honduras Summit, held at UMW, had more than five times the number of people compared to last year.

The purpose of the event is to share ideas, plans, and successes of the club's many chapters.

"Summit is a time where all SHH can get together and remind each of us why we're empowered to do what we're doing," Emerson Ayestas, a native Honduran and the UMW chapter's president, said.

The day-long event, which was held on Sept. 5, brought in over 150 students from schools such as University of Virginia, James Madison University, University of Maryland and Western Illinois University, according to Ayestas.

It included a number of presentations by SHH members on recent achievements and upcoming plans. There was a session with seven 10-minute presentations on how to best perform certain activities necessary for the club, such as how to run a successful meeting and how to prepare for a service trip.

Ayestas spoke on how to organize a fundraising event. He discussed the UMW chapter's success last year with their volleyball tournament, which, along with bake sales, car washes and more, raised over \$25,000. This money will be used to build a library in Villa Soleada, the town SHH is currently working to help in Honduras, according to Ayestas.

Another treat, Ayestas said, was hav-

ing Shin Fujiyama, co-founder and president of SHH, talk at the event. Fujiyama started the first chapter of SHH at UMW, which made it especially significant to have the event in Fredericksburg.

Fujiyama said that a highlight of the day was using Skype to talk with his sister Cosmo Fujiyama, the co-founder and president of the organization, and Alex Escobar, the chief project manager, who are currently in Honduras.

It allowed them not only to communicate with Cosmo and Escobar, but also some of the citizens of Villa Soleada whom many SHH members attending the summit had met during trips to Honduras.

The Summit was a huge success, thanks to all of the hard work that the UMW chapter put into it," Shin said. "I couldn't have been prouder to be an alumnus of UMW."

Freshman Carley McCready, who attended the summit, agreed.

"I loved every minute of it," she said. "From hearing Shin's 10-villages-by-2020 plan to learning the most efficient ways to fundraise, the summit was awesome. I couldn't have asked for a better-spent Saturday."

McCready went to Honduras last year and is planning on going at least once more this year.

After the official event was over, a majority of the group headed to Vinny's Italian Restaurant for dinner. Vinny's agreed to give some of their profits from the night to SHH, which helped the club break even.

For pictures of the SHH Summit, see page 9.

Courtesy of umw.edu

Republican Candidate Speaks to the Bullet

By ERIC STEIGLEDER
Staff Writer

Bob McDonnell, the former attorney general and current Republican candidate for governor of Virginia, was in downtown Fredericksburg Sept. 13, visiting small businesses and interacting with prospective voters.

Bullet: If elected, what do you hope to accomplish for college students?

Bob McDonnell: The first thing I want to do is to get them jobs. We have to reduce rates of tuition, or at least put it on cap on it. I have a long list of initiatives to help move our state forward.

B: College students have many concerns. What makes you especially capable of addressing our issues?

BM: I've got five kids myself, so I know about this. One daughter actually spent a semester at Mary Washington before coming back home to Old Dominion.

B: What is the one message you want to impart on the students of Mary Washington community?

BM: I would say two things to college students: Get involved with your government, get informed, and make a good decision. It's important to care about who your governor will be. It's regrettable. Here, 30 percent of people vote. In Iraq 70 percent of people came out and voted. And dream big. I still believe in the American Dream. You can be anything you want in America.



Courtesy of www.bobmcdonnell.com

Monroe Ready for Upgrade

By SARAH SANDERS
Staff Writer

Preparations are being made to undergo an extensive two-year renovation project on Monroe Hall, one of the three original buildings on the Mary Washington campus.

"The building is going under major renovation, a complete reallocation of space," Rosemary Barra, interim vice president for academic affairs and dean of the faculty, said.

Barra served on the building committee for the project. Other committee members included representatives from each of the departments located in the building, members of the facilities services and students.

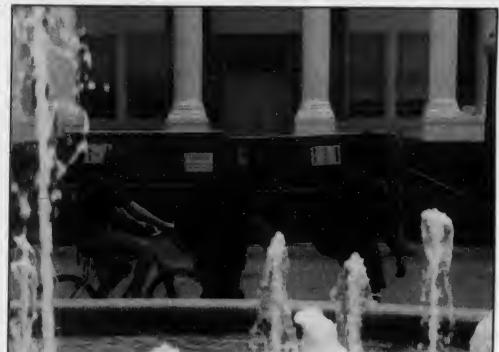
"A construction company has won the bid for the project, and will be formally announced [this] week," Barra said.

Plans for the project were submitted to Richmond for review in February and were finalized this past spring. All the funding for the project is coming from the state.

In order for construction to commence, all departments

were required to relocate during the summer months. The departments of history, political science and international affairs have moved to Mercer Hall, with the sociology and anthropology departments moving to George Washington

► See MONROE, page 2



Miles Dumville/Bullet
Students glance at the green fence that surrounds Monroe Hall. The academic building is due for renovations this year.

New Administrators Praise Hample's Vision for UMW

By JESSICA BAREFOOT
Staff Writer



The start of the school year brings with it changes to several UMW administrative positions.

Amongst the new faces joining the Mary Washington team this year is Vice President for Student Affairs Douglas Searcy.

Formerly the chief of student affairs officer at Wingate University in North Carolina, Searcy's position will encompass administrative responsibility for the areas of athletics, counseling and psychological services, and student life, which includes residence life, student activities, campus recreation, the James Farmer Multicultural Center and student affairs.

Searcy, a former English major at Mars Hill College in North Carolina, a private liberal arts school, claims that he was drawn to Mary Washington as a result of the promising vision that President Judy Hample outlined for the college upon her inauguration.

With Hample's goals in mind, Searcy and his team in the Office of Student Affairs aim to continue to serve as a voice for student wants and needs in an effort to create programs and services on campus that will benefit students.

"I want to talk to as many students as I can and talk to them about what's important," Searcy said.

He said that during his own undergraduate career, he wanted to take advantage of everything his campus had to offer.

"I enjoyed all intramurals," Searcy said, who also was a DJ for his college radio station, a "big brother" for a Greek organization on campus, and the vice president of the Student Government Association.

Now, as one of the head administrators on the Mary Washington cam-

► See STAFF, page 9

Upcoming Events:

The Best of Both Worlds: A Bilingual Poetry Reading

Thurs., Sept. 17, Combs Hall Room 139, 5 p.m. to 5:30 p.m.

Medieval Close-Quarters Defense Seminar

Sat., Sept. 19, Auxiliary Gym in Goolrick Hall, 12:30 p.m. to 5:30 p.m., learn how to use a dagger and unarmed combat of 15th century Europe

Education Abroad Fair

Fri., Sept. 25, Great Hall, 1 p.m. to 4 p.m., find out information on studying abroad

Olympic Style Weightlifting

Sat., Sept. 26, a workshop to learn the style and techniques of lifting, sign-up by calling Bob Liebau at 654-1098, space is limited

Events courtesy of OSACS.

Want to get involved? Come to a staff meeting on Sunday at 8 p.m. in the Bullet office, located in the lower-level of Seacock, or contact newsxcrew@gmail.com



Police Beat

By JESSICA MASULLI
Staff Writer



Sept. 7- It was reported that a Virginia license plate was stolen from a UMW student's car. The car was parked in the William Street parking lot. The student did not know when the plate was stolen. The stolen license plate was entered into the National Crime Information Center database.

Sept. 8- A Jefferson Hall resident reported that their bicycle pedals were stolen off of their bicycle. The bicycle was locked up in front of Jefferson Hall.

Sept. 10- At 3 p.m., a UMW student notified police, after finding a parking ticket on her car, that her commuter parking decal was stolen. The student said she left her car parked on Thornton Street in the morning, with the decal on the car. She returned later in the afternoon to find no parking decal, and a ticket.

Sept. 13- At 2 a.m., a Virginia Hall resident, not involved with the incident, reported a possible assault in the residence hall. Police investigated and took statements from both students, but they found that there was no sexual battery and neither people involved wanted to file charges. Both parties involved were UMW students that knew each other and had been drinking.

Sept. 13- At the UMW Battleground Athletic Complex, a bench was thrown and human feces were found on the soccer field. The vandalism occurred sometime between Sept. 12 and Sept. 13. There are no suspects at this time.

This information was compiled with help from Executive Director of Police and Security Services Mark Sandor.

Monroe Changes To Take Two Years

MONROE, page 1

and geography relocating to Annex B, formally the bookstore, for the project's duration.

The economics department made the move to 1004 College Ave. and will remain there permanently.

In addition to entirely reconfiguring the walls and hallways in the building, the project also includes the replacement and upgrading of the building's major systems including the heating, air conditioning and electrical wiring. The building will also receive new energy efficient windows.

"The departments had input as to their needs," Barr said of the new building plans. Each department was given the opportunity to present their needs so that the building will be functional upon the completion of the project.

Renovations will not be limited to the inside of the structure, but will also take place on the building's exterior. The old wooden capitals adorning the front of the building will be removed and replaced with new ones made from fiberglass.

Some department members have expressed their concern for the actual plans to be carried out on one of the most historic buildings on campus.

"The building will suit the needs of the facilities, but I'm afraid the narrative of the place will be compromised...[some] features once removed will not be able to be put back," Gary Stanton, an associate professor in the historic preservation department, said.

Carter Hudgins, professor of history and American Studies, is concerned with the effect the renovations will have on the historic character and significance of the building.

"It's a short sighted project. We need another building now, and rather than taking the path we should take we have taken the quickest, easiest path," Hudgins said.

"There's a lot of confusion about how to operate the e-mail system and where e-mails are going," Buonanotte said.

Miller approved the idea, but expressed doubts.

"Parking is the one thing that people keep bringing up," she said.

The issue of technology was also a reoccurring theme, specifically, the adoption of the new email system. Concerns about the unpredictability of emails forwarding from the umw.edu setup to the mail.umn.edu raised concern from Executive Cabinet Member and DUCC Chairperson Joe Buonanotte.

"There's a lot of confusion about how to operate the e-mail system and where e-mails are going," Buonanotte said.

More Funds to be Given to Clubs

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amounts allocated at the Finance Committee Training for all club treasurers, which occurs within the first two weeks of the academic year.

In addition to the funds allocated to clubs in advance, the Finance Committee also allocates, or reallocates, funds throughout the year for specific events. These finance requests are paid out of the Finance Committee's budget, but are separate from the yearly amounts requested at the spring budget hearings.

The Finance Committee has money each year set aside for this purpose. It is here that the Finance Committee has more than last year.

According to Finance Committee Chair Kelly Caldwell, this nearly \$20,000 increase is there "because clubs tightened contracts last year," resulting in smaller requested budgets up front. Also, clubs were asked to only submit budgets in the spring if they knew they were going to be accurate.

This resulted in more clubs waiting until the fall to submit requests for funds. Less money is being distributed before the school year begins, which allows for more funding to be distributed later. Kelly Caldwell confirmed that the Finance Committee's budget is "in about the same shape as last year" and confidently stated that "it [will] all be spent."

Student Complaints Arise At SGA Town Hall Meeting

By ERIC STEIGLEDER and JESSICA BAREFOOT
Staff Writers

The first ever Student Government Association town hall meeting was held in the Great Hall last Wednesday, an opportunity for students to voice their opinions and concerns to the SGA Executive Council.

The forum was one of potentially several more that will occur throughout the year.

The Executive Council brings together both elected and appointed officials, including student representatives from the Inter Club Association, Judicial Review Board, the Association of Residence Halls, Legislative Action Committee, Honor Council, and the Diversity and Unity Coordinating Committee.

Also in attendance were Dean of Student Life Cedric Rucker, and Executive Vice President Rick Hurley.

According to SGA President Samantha Miller, the function of the SGA town hall meeting is to serve as a sounding board for student opinion.

"The reason we're here is to see what you want changed," Miller said. "We can change things, improve things."

Student safety, parking problems, maintenance issues, and technology issues received the most attention during the one-hour forum. Of specific concern to students and leaders alike were the recent changes to parking policies and student usage of the parking deck.

Executive Council Member and SGA Treasurer Annie Unger introduced the idea of installing security cameras in the parking deck, citing frequent student complaints and safety concerns.

Miller approved the idea, but expressed doubts.



Jessica Masulli/Bullet

SGA Executive Cabinet met on Monday to discuss campus issues. The Cabinet had a town hall style forum last week.

"That's something to look into," Miller said, writing the suggestion down. "But it's also a financial issue."

Junior Amanda Gold echoed other student opinions on current parking policies.

"You shouldn't have to work so hard to use your own car," Gold said.

Miller concurred, expressing her familiarity with the issue.

"Parking is the one thing that people keep bringing up," she said.

The issue of technology was also a reoccurring theme, specifically, the adoption of the new email system. Concerns about the unpredictability of emails forwarding from the umw.edu setup to the mail.umn.edu raised concern from Executive Cabinet Member and DUCC Chairperson Joe Buonanotte.

"There's a lot of confusion about how to operate the e-mail system and where e-mails are going," Buonanotte said.

Senior Ashley Davis concurred, explaining her personal issues with the new e-mail system. As a Mary Washington guide, Davis arrived on campus early, and saw firsthand the issues that arose when the incoming freshman class were given two separate e-mail accounts.

"They should have waited for the switch to mail.umn.edu," Davis said. "If you ever do this again, God, do it differently. It was such a bad idea."

Other technology issues that were mentioned included the erratic nature of campus wi-fi and the shortage of Apogee technicians on hand.

Executive Cabinet Member and SGA Parliamentarian Ashley Nixon not only requested more technicians with more training, but also acknowledged the issue of wi-fi internet access in dorm rooms.

"It's not in Marshall [Hall]. I wasn't

► See TOWN HALL, page 9

Corrections:

In the Sept. 10 issue of the *Bullet*:

In "UMW Set to Slash Budget by 15%," we were imprecise in reporting that OSACS's funding had increased by \$20,000 for the 2009-2010 school year. This year's OSACS budget is actually smaller than last year, and the extra \$20,000 for club requests comes from redistribution of funds. See story on page 1.

In "WMWC Lives" the website for the campus radio station was incorrectly given. The actual address is: wmwc.umn.edu

In "Songs in the Key of Live" a senior was misnamed. Her name is Lauren Shaffer.

Viewpoints

Public Figures Should Give Public Apologies for Their Indiscretions

Apologizing is one of the first things we learn to do as children. When we mess up, we're told to say we're sorry and do what we can to rectify the situation.

In recent months, politicians and celebrities alike have forgotten the importance of this particular moral value and have refused to make things right after doing something that is clearly offensive to another public figure.

Republican Rep. Joe Wilson's interruption of President Obama's congressional address concerning his health care plan last week was an unceremonious and very public mistake. To tell the president that he is lying when he is mid-speech is a rude and counterproductive gesture.

However, the true problem is not with this incident, as bad as the comment was. The problem is with the congressman's refusal to apologize publicly for his actions and for his improper conduct as an American political figure.

People can get caught up in the heat of the moment and say things they shouldn't. We've all been there. But according to common practice in our society, when we put our feet in our mouths, we are supposed to take responsibility for our actions and apologize.

Wilson is no exception, and since he

is a public figure who made what has become a very public mistake, he should have made a very public apology. A private phone call to the White House does not suffice, nor will it help to remedy the damage he has caused to his political reputation.

There are some public figures who have gotten it right recently. Obama himself worked to fix a mistake he made in berating Sgt. James Crowley for arresting Harvard scholar Henry Louis Gates Jr. when Gates broke into his own home. Gates was combative from the moment Crowley arrived at his house, prompting Crowley to arrest him.

Obama's initial comments that Crowley had "acted stupidly" were unfounded, as Obama did not know about the aggressive nature of the confrontation. To make amends, the president invited both Crowley and Gates to the White House for a couple of beers and to talk about the situation.

Wilson would do well to take this example of reciprocity. Even though they are public figures, they still have the same responsibility to other people and to society that the rest of us do. Perhaps they should take their cues from Obama—or from the core values of human decency that we are taught when we are young.

Staff Editorial

[Wilson] is a public figure ... [and] he should have made a very public apology.

“ ”

Letter to the Editor: Healthcare Reform Needs Action

Dear Editor:

Over the last few months, this nation has seen a divisive struggle over the concerns of healthcare reform. On one side, we see a group of concerned Americans who believe it is not only our moral responsibility as the leaders of the free world to provide inexpensive health care for all our citizens; it is the only way to financially save this nation's economy.

On the other side, we have a group of people who believe... well... nobody knows exactly what they believe because they don't know what they believe.

Now, I can sit here and attempt to educate them, attempt to reach beyond those imaginary, stubborn barriers that are sealing off rational thought from entering their thick skulls; however, I've concluded that not only is it a waste of time, it is unnecessary if the rest of America takes the right steps.

Fact: the side that opposes healthcare reform with all its disreputable motives is a minority that makes up between 30 and 35 percent of America.

We do not need those individuals at all in order to pass the healthcare reform this nation so desperately needs.

I'd like for us to take the origin of Medicare into consideration. That plan faced the same amount of desperate opposition as this reform does today, but it was passed with no sympathy to what that minority wanted. Today, it is accepted and championed on both sides of the aisle.

So why are we, the same majority of America, not able to pass this reform, not able to grow a pair and say to hell with what that side wants?

It comes down to one thing: apathy. The same side doesn't seem to care. While the other side sends thousands of people to rally Capitol Hill, disrupt town hall meetings, and seize the debate with idiotic notions of "death panels," the same side argues the issues in coffee shops and on Twitter. Being loud, angry, and virtually crazy always wins the debate.

My prescription: the same majority needs a healthy dose of insanity.

Sean Vina is a junior.

Letter to the Editor: Gov't-Run Does Not Equal Socialism

Dear Editor:

I am tired of hearing the word "socialism" tossed around negatively in the debate about health care reform.

After reading many definitions, I've reached the conclusion that any system of society where goods and services are controlled by the government or a collective can be considered socialist.

Through numerous discussions with people, I've realized how terrified people are of a socialist take-over. But don't these people realize that public education, libraries, and Medicare are all government run programs? Thus, maybe a "socialist take-over" wouldn't be so bad. How is having an option of public health insurance any different than having an option of public education over private? Is education more essential than health?

I cannot even imagine how scary it is living without insurance. I also do not want to fear los-

ing my coverage or not being able to afford coverage when I am dropped from my parents' plan.

There is something wrong when a so-called First World nation has 47 million people, including 8.7 million children, without health care.

It's also unfortunate that the health care system is motivated by profit and not care; thus, health care officials drop and deny patients whenever they get a chance.

No wonder so many people go into debt because of our failing system.

I invite everyone to write and call their senators demanding quality and affordable health care for all.

Also, if you are interested in getting involved with the action, join the University of Mary Washington Chapter of the Virginia Organizing Project. For more info about the organization email me at ngrossman@mail.umw.edu.

Natalie Grossman is a junior.



The face mask is probably overkill unless you already have the flu.

Additionally, WHO classifies the severity of the disease as only moderate. The levels of severe illness from H1N1 is about the same as the seasonal flu, regular antiviral medication like Tamiflu do work and do lessen the severity of the illness, and hospitals are able to cope with the number of people seeking medical attention.

That's not quite the wasteland that's been described.

To be fair, the H1N1 flu strain is more widespread than the typical seasonal flu, at least for people younger between 10 and 45, who are more likely to catch it. And people have died of the H1N1 flu. Of course, to be fair, people die of the regular seasonal flu as well—between 250,000 and 500,000 deaths worldwide, according to WHO.

According to Reuters, the death rate for H1N1 has been comparable to the regular, seasonal flu.

Furthermore, the majority of people who get H1N1 (and also the seasonal flu) recover without the need for medical attention. Of those that do need hospitalization, the majority have other complications that put them at risk, such as obesity and decreased or suppressed immune systems.

Being on a college campus in close quarters with people whose personal hygiene may be dubious does put you at a higher risk of catching H1N1—but it also puts you at a higher risk for the seasonal flu, mono, the norovirus (stomach flu), and any number of similar diseases. Despite the higher risk of catching any of these diseases, your potential need for hospitalization or anything more severe than fluids and bed rest is minimal.

Wash your hands, cover your mouth when you cough or sneeze, eat well and calm down. You'll be fine.

Letter and Editorial Policy

The Bullet is always eager to receive letters to the editor and guest columns, and every effort is made to print them.

Letters should be submitted the Monday before publication. Letters should be no longer than 300 words, and columns should not exceed 700 words.

We will not publish anonymous submissions. Letters must include a phone number and address for purposes of verification. They can be mailed to the Bullet at 1701 College Avenue, Fredericksburg, VA, 22401-4666, delivered to our office in Seacobeck Hall or sent to our e-mail at umwbullet@gmail.com.

Opinions expressed in columns or letters to the editor do not necessarily reflect the views of the staff. Contact the Bullet at 540-654-1133.

Swine Flu Not Nearly as Dire as Described

BY BREEANNA SVEUM
Viewpoints Editor

Okay, I'd like everyone to take a deep breath and count to 10. I'll wait.

...There, now don't we all feel better? Hold on to that newfound calm because we're going to talk about something that might scare you: Swine Flu.

With the storm of apocalyptic pronouncements courtesy of the main-stream media, you might be more than a little concerned about the H1N1 influenza virus.

The White House held an entire summit in July on the subject and developed a three-part plan that operates on the assumption that 30 percent of Americans will get swine flu, resulting in somewhere between 200,000 and a million deaths.

There's even a new website, [flu.gov](http://www.flu.gov) (along with [pandemicflu.gov](http://www.pandemicflu.gov)), designed to answer all of your questions about swine flu, avian flu (apparently people can still get that) and pandemic flu information, in case the information at [cdc.gov](http://www.cdc.gov) and [who.int](http://www.who.int) wasn't enough for you.

Desperate scenarios involving a disease-ridden

“ ”
...WHO classifies the severity of the disease as only moderate.

“ ”

Special thanks to Brittany DeVries and Kaitlin Mayhew for designing our new nameplate!

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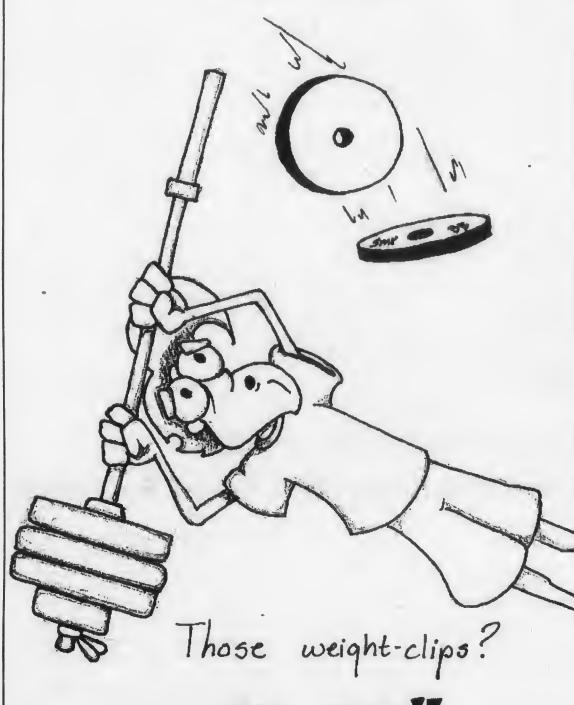
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Viewpoints

Attention

Weightlifters!



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"There may be honor among thieves, but there's none in politicians."



photo courtesy of wikipedia.org

That's nice, Lawrence.
Submit your political
opinions in a guest
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Thursday, September 24

Information Session

Woodward Campus Center - Red Room

6:00 p.m. - 7:00 p.m.

Friday, September 25

Information Table

Fall Education Abroad Fair

Woodward Campus Center's Great Hall

1:00 p.m. - 4:00 p.m.

For more information contact:
Jessica Koehler at 202.692.1045 or
jkoeehler@peacecorps.gov.

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Entertainment

Taylor Swift Upstaged During VMAs

Kanye not crazy, just real, according to his blog

By BECCA POOLE
Staff Writer

As is often the case, MTV pulled together another outrageous awards ceremony this past Sunday in New York City.

The show opened with a touching memorial to Michael Jackson by Madonna. Dancers then performed to a medley of Jackson's songs while the corresponding music videos were displayed on a background screen. Janet Jackson performed the sibling's 1995 hit "Scream" without any malfunctions, wardrobe or otherwise.

Other memorable performances included Beyoncé's electrifying "Single Ladies (Put a Ring on It)," Lady Gaga's disturbingly bloody "Paparazzi," and Taylor Swift's "You Belong to Me." Pink, Jay-Z and Alicia Keys also performed and up-and-coming D.C. rapper Wale served as the house band.

But the most shocking event however, besides Lady Gaga's outfit, involved rapper Kanye West and country starlet Taylor Swift. As Swift was giving her acceptance speech for Female Music Video of the Year, West jumped on stage, seized the microphone from her and shouted to the audience: "Yo Taylor, I am really happy for you and I will let you finish but Beyoncé had one of the best videos of all time...all time!"

Swift looked as if she was going to burst

into tears. After the rude outburst, the show continued without Swift finishing her speech.

Later, Beyoncé showed some class while accepting her award for Video of the Year.

"Thank you. I remember being 17 years old, up for my first MTV Award with Destiny's Child and it was one of the most exciting moments in my life. So I'd like Taylor to come

out and have her moment," Beyoncé said. Taylor Swift then finished her previously interrupted speech.

West apologized in his blog later that night posting: "I'M SOOOO SORRY TO TAYLOR SWIFT AND HER FANS AND HER MOM. I SPOKE TO HER MOTHER RIGHT AFTER AND SHE SAID THE SAME THING MY MOTHER WOULD'VE SAID. SHE IS VERY TALENTED! ... IM NOT CRAZY YALL, IM JUST REAL!!"

The following night, West was a guest on The Jay Leno Show where he said that he was "ashamed" of what he did. However, West has done this sort of thing before.

He interrupted an award winner at the 2006 MTV Europe Music Awards who bested him in the Best Video category among countless other egocentric behavior. Nevertheless, he really brought his jackass stunts to the next level with his comments to poor, congenial Taylor Swift.

If nothing else, MTV can always be trusted to provide an entertaining awards show. While a Moonman may not be as coveted as an Oscar or Grammy, it is a testament to being part of a show that always promises to be an exciting evening.



Off The RECORD

Turns out Kanye produces more than just award show controversy

By DREW CAMPBELL
Staff Writer

The best rapper alive has done it again. Last Tuesday Jay-Z released his 11th studio album, "The Blueprint 3." With his newest release Jay proves he can keep his impeccable lyrical genius intact while simultaneously utilizing this year's epic, super-produced sound.

In fact, upon listening to the album, the first thing you are likely to notice is the production. With Kanye West producing seven of the 15 tracks and Timbaland on an additional three, it's hard to be disappointed with the beats. The album also boasts production work courtesy of Chicago producer No I.D., whom die-hard Hova fans might remember from his work on Jay-Z's last album "American Gangster."

However, production is not all that stands out on the album, as there are several tracks that highlight Jay-Z's signature flow. The first that comes to mind is the intensely aggressive "D.O.A. (Death of Autotune)," in which Jay goes in on the current trend of using Autotune to cover up artistic faults. Other lyrical gems include Timbaland-produced tracks "Off That" and "Reminder."

Despite the anti-Autotune sentiment of



album art courtesy of amazon.com

"The Blueprint 3"

By: Jay-Z



Jay-Z has easily had a dominant hold on hip hop for the past 13 years, and his consistency has never been in question (unless you count 2006 and "Kingdom Come"). "The Blueprint 3" fits squarely behind "Reasonable Doubt," "The Blueprint," and "The Black Album" and well ahead of "Vol. 2... Hard Knock Life" and "American Gangster." This album is a must have for those out there who are Jay-Z fans or for those of you who just love true lyrical hip-hop.

Despite the anti-Autotune sentiment of

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Free Music Fest This Weekend in Warsaw

By ERIN COX
Staff Writer

If you missed the 40th anniversary celebration of Woodstock, satisfy your craving this weekend at the fourth annual Sharps Sessions in Warsaw. Equipped with a music stage in an open field and camping space in the surrounding woods, the festival is entirely free. The only cost to UMW students is \$13 worth of gas money—the cost to make the 110 mile round trip.

Founders Stef and Deborah Oelrich describe the Sharps Sessions as "a place for local bands, artists, special interest groups, photographers, web designers, et cetera to come together and network while giving back to their fan base." In addition, it's a place where the local community can come together.

With three days of music featuring 28 bands, the Sharps Sessions cover a wide palette of musical genres. On Friday, Sept. 18, the festival will

highlight solo acoustic artists—including Mary Washington's own Alex Culbreth—as well as 10 different rock and metal groups. Saturday will feature a mix of folk, rock, reggae, blues and an open mic opportunity in the morning. To wrap up the weekend, Sunday will include more acoustic sets, another open mic and a jam session.

Festival goers beware, though. This will be the first year that Sharps Sessions will have on-site security, and the website explicitly states "violence, over-intoxication, and douchebagery are absolutely not tolerated." Also, water and electric hookups will not be available, and the bathroom facilities can be described as limited.

Tumout is expected to be the highest since the festival's debut, and college students will feel right at home with the 20-something crowd that's expected to show up. So BYOEverything and get out this weekend to support the locals. Directions and further information are available at www.sharpsessions.com



Singer-songwriter and UMW Junior Alex Culbreth, seen here playing at the Loft last year, will play the Sharps Sessions this Friday.

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Entertainment

Music Returns to Loft's Old Location

Sunken Well owners opening restaurant downstairs

By PAIGE PATERNO
Staff Writer

The Sunken Well Tavern is one of few businesses that appears considerably untouched by the slumping economy. Owners Steve Cameli and Paul Stoddard are opening their second restaurant in the next two weeks at the previous site of the Loft downtown Fredericksburg. The name of the new restaurant, which will be located at the corner of Princess Anne and William Street, is still unreleased until the official opening.

According to Stoddard, a UMW graduate, the restaurant will be a burger bar with vegetarian options and 100 percent organic hormone-free beef.

Stoddard and Cameli plan to keep the second floor of the business open as a music venue as it was before. They will continue to host live performances from local artists as well as those from outside the Fredericksburg area.

"I think people will like it," Stoddard says. "But you can never tell what it will become until it develops."

Stoddard hopes that, like the Sunken Well, the local community will shape the restaurant. He does not want to solely focus on one individual group because he wants it to bring people together.

"I see everyone in here all the time; neighbors, families, students and even staff. It's a great thing," Stoddard said. "It really makes [the Sunken Well] what it is and I want that to happen at the new location too."

The new location will include happy hours and meal specials. Amenities will include a 42-inch projector, multiple flat-screen TVs and available Wi-Fi. The owners plan to accept *gleeOne* cards in the near future.

The schedule still remains tentative. Stoddard expects the restaurant will be open from 11 a.m. to 10 p.m. and the upstairs venue will be open from 3 p.m. to 2 a.m. on weekdays. The upstairs may be open on the weekends as well.

"There's a long history at this spot of bars and music," Stoddard said, adding that he wanted to try to keep it going. "It's a great location."

For more information, call the Sunken Well Tavern at (540)-370-0911.



Kelsey Mayo/Bullet



Kelsey Mayo/Bullet



Kelsey Mayo/Bullet

Clockwise from top left: the Sunken Well Tavern storefront, the future location of the music venue and restaurant at 1005 Princess Anne St., UMW-based The Like Whatever playing the Loft last year.



photo courtesy of James Farmer Multicultural Center

"Culture Through the Arts" Kicks off With "Platanos and Collard Greens"

By KATIE B. O'CONNOR
Staff Writer

This Friday, Latino Identities Month, in conjunction with the Latino Student Association, the James Farmer Multicultural Center, and the Dept. of Theater and Dance, will showcase its keynote performance, the play "Platanos and Collard Greens," written by David Lamb. This romantic comedy centers on the relationship between an African-American man and a Latino woman and the prejudice and stereotypes they face as a result.

Through a mix of hip-hop and satire, the play

addresses stereotypes, prejudices, and urban myths surrounding and within the Latino and African-American communities; beginning with the title. ("Platanos and collard greens being foods that are considered easily recognizable in the Latino and African-American cultures, respectively.") "Platanos and Collard Greens" is aimed at a college audience and has been widely received on college campuses across the country. The play uses humor to address the sensitive issues of race while "exposing myths and shooting them down as misrepresentations of reality" according to the show's website, www.platanosandcollardgreens.com.

"This year we're presenting culture through the arts instead of through lectures. We hope this will provide a fresh lens through which to view culture. This play strives to reach the college experience of coming into contact with new people and cultures and addresses delicate issues that are better experienced by seeing rather than hearing a lecture," said Courtney Chapman, assistant director of the Multicultural Center.

"Platanos and Collard Greens," performed by Between the Lines Productions, will show in Dodd Auditorium at 7 p.m. on Friday, Sept. 18 for one night only. Admission is free.

Bullet Points

Islamic Student Association invites students to annual Fast-a-thon

By FEZ CASIM
Staff Writer

Fasting is not only a religious practice that Muslims follow during the month of Ramadan, but it's also a huge part of Middle Eastern culture. On Thursday Sept. 17, the Islamic Student Association will be celebrating this culture with the third annual Fast-a-thon, a free campus-wide Middle-eastern feast in Green Hall.

ISA volunteers will be serving up Middle Eastern dishes including chicken tikka, masala chick peas, shirazi salad, pita bread and rice. During Fast-a-thon, ISA invites students to join them in a day of fasting by giving

up anything of their choice. Before enjoying the food at Fast-a-thon, participants will be giving a chance to discuss and share their experience of the day.

"Most students had very good time last year," said ISA Treasurer Waqas Humayon.

ISA sponsors similar events throughout the year to raise awareness of Islamic culture. The club also provides Muslim students a place to get together and celebrate a shared culture. At the same time, ISA welcomes any student who may be interested in learning about Islam or just Islamic culture. Like many other minority organizations, ISA is also a part of the James Farmer Multicultural Center.

Thursday, September 17

•ISA hosts Fast-a-thon in the Great Hall. Doors open at 6:45 p.m. (See inset)

The Latin Dance Club hosts dance lessons at The Underground at 8 p.m.

•DJ Dance Party at the Underground gets started at 10 p.m.

•Leader of the critically acclaimed jazz group AS-IS Ensemble, Michael Bellar, who has shared stages with Art Garfunkel, Amos Lee and Howie Day, brings his syncopated rhythms to the University Café (409 William Street). Show starts at 10 p.m. Admission is \$5. (540) 656-2690 for more information.

Friday, September 18

•Game Night at The Underground at 8 p.m.

•Cheap Seats is showing "Drag Me to Hell" at 7 p.m. and "Public Enemies" at 10 p.m. in Combs 139. Visit umwbullet.com for student reviews of both movies.

•The James Farmer Multicultural Center hosts "Platanos and Collard Greens," a play about an interracial relationship between a Latino woman and African-American man, in Dodd Auditorium at 7 p.m. Admission is free.

•Local band the Transmitters play a rock-rooted style of reggae at The University Café (409 William St.). Show starts at 10 p.m. Admission is \$5. (540) 656-2690 for more information.

Be sure to check out umwbullet.com for exclusive videos of the Vermilion's Sept. 11 performance in the Underground and other breaking videos.

Sunday, September 20

•Bluegrass open mic at the Sunken Well Tavern (720 Littlepage), 7 - 9 p.m.

Monday, September 21

•Bingo Night at the Underground. Cards are free, starts at 8 p.m.

Tuesday, September 22

•Aubade, Mary Washington's semiannual publication of poetry, art and prose, hosts an open mic night at the Underground. Come hear other students read original or admired work and be sure to read some of your own! Starts at 8 p.m.

Wednesday, September 23

•"Tin Chef" competition at the Underground starts at 8 p.m. Contestants will be provided with a George Foreman Grill, a microwave, and a secret ingredient. Winners receive \$100.



photo courtesy of Fez Casim
Students enjoyed the Middle-Eastern fare at an ISA feast last year.

Send Bullet Points to ryanlmarr@gmail.com

Features

Superfruits: Myth and Fact

The Superfruits fad has taken the world by storm. Acai, Goji and pomegranate grace the labels of products everywhere. What people don't know is that many other fruits like blueberries, cranberries and raspberries have many of the same health benefits.

By ELENA SOUTH
Staff Writer

Junior Natalie Grossman walks up to the counter at Tropical Smoothie Café and orders her usual smoothie with an added shot of Goji berry for energy.

She admits to not knowing much about the small deep red fruit.

"Oh yeah, Goji berries," she said. "It supposedly has a lot of nutrients. I mean the smoothie tastes the same so why not have the extra energy right?"

Goji, acai, berries and pomegranates are everywhere now, in 7-Up, cosmetics that swear they'll stop the aging process, and on TV commercials that boast about their products ability to make you lose weight, fast. Even Oprah endorses these superfruits on her show.

The superfruit craze caught on so fast and appeared in stores and restaurants faster than people could question why.

Goji berries, which come from the Himalayas have been used in Eastern medicine for thousands of years, but has just recently earned the title of superfruit in the Western world.

Goji berries have been said to help with fevers, diabetes, heart problems and macular degeneration. But, like acai, has not been studied enough for there to be concrete evidence to back these claims up.

What is known about the berry is that it too is loaded with powerful an-



Photos courtesy of Flickr.com

tioxidants that may help prevent cancer and other illnesses including heart disease according to WebMd.

Goji berries also have compounds rich in vitamin A which boosts immune function and protects vision.

The berry extracts may boost brain health and may protect against age-related diseases such as Alzheimer's (WebMd).

Like acai, it has a lot of potential but it still unclear how it will really af-

fect the body.

One side effect of Goji berry is that it is a blood thinner. Because of this, too much Goji in the diet can be dangerous, especially for those already on blood thinners, diabetes medication, or heart medication.

According to WebMD and Natural Medicine journal, Goji berry supplements may not be as beneficial as eating the actual berry, and once converted into Goji tea, loses all of its nutritional properties.

Another proclaimed superfruit, the acai berry, comes from palm trees in the Amazon.

According to multiple sources, including WebMD and Natural Medicines Journal these small dark blue fruits have ten times the amounts of antioxidants than blue berries.

Acai contain flavonoids and anthocyanins, which are two powerful antioxidants that "help defend the body against life's stressors...such as free radicals [which] are harmful byproducts produced by the body. Eating a diet rich in antioxidants may interfere with aging and the disease process by neutralizing free radicals (WebMd)."

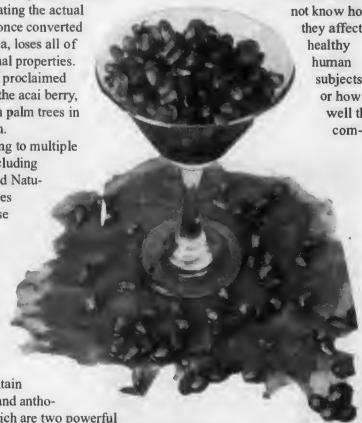
Though all of these properties are attributed to the acai berries, there have been no conclusive studies to prove that ingesting acai is better than

eating a lot of blueberries, raspberries or blackberries.

"People eat acai berries to address various health conditions. But so far, acai berries have no known health benefit that's different than that of other similar fruits." (WebMD)

This berry might be loaded with antioxidants, vitamins, and fibers but

"researchers do not know how they affect healthy human subjects or how well the com-



pounds are absorbed in the bloodstream," according to University Florida News.

The University of Florida conducted a study in 2006, where Acai's antioxidants destroyed cultured human cancer cells...the berries triggered a self destruct response in 86 percent of the leukemia cells tested. (University of Florida News)

, See FRUIT, page 8 ▶

UMW Students Garden For Charity on William Street

By SARA MARRON
Staff Writer

A short walk from Campus, on Winchester Street in downtown Fredericksburg, a small plot of land has been transformed from an unused, forgotten corner into the Fredericksburg Community Garden.

Sophomores Karl Gergel, Colleen Brooke, and Evan McLaughlin have played an integral role in the development of the garden.

The idea manifested years ago by members of the Students for a Democratic Society Club, and has now become a reality.

"People in the club saw the plot of land four to five years ago and had always wanted to do something with it," Gergel said.

On Thursdays at 3 p.m., students like Gergel, Brooke, and McLaughlin meet at the Bell tower and walk down to Winchester Street to work on the garden.

Gergel, who participated in the founding of the garden, which began February 15, and has spent time over the summer improving it.

"As long as we're here on campus, I want to be a part of it. We're trying to take steps to make it last," Gergel said.

Brooke also helped to cultivate the garden this summer. So far, the plot has yielded a small crop of peas, broccoli, cabbage, peppers, and carrots.

"I was there since the beginning," Brooke said. "I think it will help teach people that you don't have to go to the grocery store to buy food. Your backyard can be your own grocery store."

The garden is self-sufficient; relying on donations of seeds, tools, and

involvement of students in the project as a way to relieve stress or tension.

"Almost all of the seeds, plants, and tools were donated," Gergel said. "I bought a shovel, that was it."

Initially, only those who attended it primarily enjoyed the food. However, the produce grown in the garden is now being donated to a chapter of Food Not

Want, the time of committed students and community members.

"The goals for me are to bring an appreciation to the time and energy it takes to grow things," Brooke said. "We also want to make it a space for people to come and relax or read; a safe haven of sorts."

The garden is taken care of by Mary Washington students, as well as Fredericksburg community members. McLaughlin extends the invitation that anyone who wants to

participate in the project is welcomed.

"We'll take anyone that wants to help,"

McLaughlin said. "We're going to need a lot of people to help clean it up."

The garden is a burgeoning project, fueled by the effort of a few committed students who encourage all students to get involved.

"It starts with an appreciation of the earth, as well as not being afraid of what's going to happen," Brooke said. "Do what you can."



Photo courtesy of Evan McLaughlin

Bombs that was recently started in Fredericksburg. Food Not Bombs is a charity organization that takes donations and surplus food from grocery stores in order to provide free meals for the poor.

"People in the club saw the plot of land 4-5 years ago and had always wanted to do something with it"

— Karl Gergel

UMW students break ground on the garden last February in Downtown Fredericksburg.

Features

Fruit Products Promise Health

► SUPERFRUITS, page 7

Even though the berry is showing great promise and has potential to be an amazing nutritional asset for the future, "[it] is not the first fruit to have killed cancer cells, other fruits includ-

Not only are those statements misleading, but the products themselves frequently contain other ingredients that can have harmful side effects.

The 24 Hour Hollywood Diet, is a juice that actually contains very little acai and a lot of other fruits, fibers, and chemicals that actually work as a laxative, so the weight you do lose is mostly water weight.

Acai Blast supposedly gives you energy through the berries' natural properties, but if you read the ingredient label it mostly con-

the Acai juice can cost up to \$50.

Though most of Acai products seem to be overpriced or misleading, its oil does seem to be truly remarkable.

"[Acai oil] may be stored for a long time... its antioxidants levels remain high, making it a great and "safe alternative to other tropical oils used in beauty products, such as facials, body creams, and anti-aging skin therapies." (WebMd)

Junior Hoang Phong Pham sees tons of commercials promoting another kind of superfruit: the pomegranate during his senior year of high school.

"After seeing all those commercials I had to try one," she said.

"I did and now I

love them. Pomegranates are healthy and de-

li-

cious."

Pomegranates,

in addition to being popular, are used to treat many different diseases from the flu, diarrhea, tapeworm, conditions of the heart and blood disease, gum disease, erectile dysfunction and even HIV. (WebMd)

Though they have been used for medicinal purposes dating back to the

ancient Greeks, pomegranates have just recently been "discovered" by the scientific world.

Despite its history of being used medicinally, most of the studies that it has undergone have come back with inclusive or insufficient evidence that it can prevent or cure any of the conditions listed above.

Though it is filled with antioxidants and other "chemicals [that] might slow the progression of atherosclerosis (hardening of the arteries) and possibly fight cancer cells." (WebMd) Very little is known about its effect on body on healthy humans.

Pomegranates, like Goji and acai berries have a dark side. It may be dangerous to those with plant allergies or if the root or stem is ingested since the root contains a poison.

Also, it is harmful to ingest the fruit if you are going into surgery.

"[Acai] might interfere with blood pressure control during and after surgery. Stop taking pomegranate at least

Fruit Fact:

Some superfruit drinks actually cause liver damage, because the potency of the nutrients is too high for the body to handle.

two weeks before a scheduled surgery." (WebMd)

But like all the supposed superfruits and most fruits, if taken in moderation pomegranates are good source of vitamin C, safe.



ing grapes, guavas, and mangoes, contain antioxidants shown to kill cancer cells in similar studies." (University of Florida News)

As with most consumable products, there are side effects. Those with pollen allergies or who are allergic to fruits similar to acai such as blueberries then you probably should not ingest or use acai.

Acai is also not a magical weight loss panacea. Many products state directly or indirectly that acai will help you shed pounds in weeks or days, and most of these product's statements such as 24 Hour Hollywood Diet or Acai Blast are not approved by the FDA.

tains: sugar, corn syrup, palm oil, soy lecithin, corn starch, and finally Acai.

The product basically gives you energy through a sugar high. Yet, these products range from expensive to more expensive, the Acai Blast (a small pack of 3 oz) costs 10.99, while

being popular, are used to treat many different diseases from the flu, diarrhea, tapeworm, conditions of the heart and blood disease, gum disease, erectile dysfunction and even HIV. (WebMd)

Though they have been used for medicinal purposes dating back to the

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For the sixteenth time, the Department of History American Studies and the Department of Political Science International Affairs are sponsoring a six-credit course that will take students to Europe for twenty-seven days during the first term of summer school in 2010. Students can experience the Europe of yesterday, today, and tomorrow by visiting London,

Paris, Vienna, Prague and Berlin. The six course credits are approved for the major programs in History, Political Science, and International Affairs, but students can also used them as elective credit.

THE TRIP - leaving from Dulles International Airport in Washington on May 10, the group will fly to London for a six-day stay, and then travel to the continent to spend five days in Paris, three days in Vienna, three days in Prague, and five days in Berlin. There will be four days for travel between London and Paris by train via the Channel under the English Channel, Paris and Vienna by air, Vienna and Prague by bus and Prague and Berlin by bus. The group will return to Washington from Berlin on June 5.

THE COURSE - This is a unique course for University of Mary Washington students. It does not duplicate what is already offered on the Fredericksburg campus but relies instead on material and experiences "on site." Interdisciplinary in nature and team-taught, this course, by taking advantage of the unique cultural and academic resources that exist in the five capital cities, provides students with unmatched opportunities for study and learning. Students will be asked to read from texts that contain materials pertinent to the intellectual, cultural, economic, and political contributions the five capital cities have made to European history. Students will also have the opportunity to attend an artistic performance in several of the cities and assess the artistic contributions of the societies with visits to major museums.

THE FACULTY - An interdisciplinary faculty teach the course. Professor Porter Blakemore from History and Professor John Kramer from Political Science and International Affairs will accompany the students from city to city.

ELIGIBILITY - "European Capitals" is open to all University of Mary Washington students, no matter their major, who are interested in the history, culture and politics of Europe. Yet, there are a limited number of places available for this course and spots will be filled on a first-come-first-served basis.

COSTS - Excluding the tuition for a six-credit course, the cost per student will be \$5,650. This fee includes all costs for airfare, lodging and breakfasts, one-day excursions, and most costs for intra-city transportation and admission to museums and cultural sites.

QUESTIONS? - For further details, attend the Study Abroad Fair September 25 in the Great Hall or our information meeting at 5:00 p.m. in duPont 205 on Wednesday, September 23. If you are interested or have questions, please contact Mr. Blakemore or Mr. Kramer at extensions 1588 or 1495 respectively, or by email. The deadline for participation is October 2.

News

Outside the Fence



By HEATHER BRADY
Staff Writer

Regional

Anthony Fox, a 42-year-old Stafford man, was arrested Tuesday on charges that he knocked out his stepson at a county gas station, police said. Fox was charged with malicious wounding and was placed in the Rappahannock Regional Jail under no bond, according to sheriff's spokesman Bill Kennedy. Kennedy said the incident started about 4:25 a.m. when the adult victim called his mother—Fox's wife—and asked her to meet him at the Olde Forge 7-Eleven to discuss some domestic issues. The mother, who lives on nearby Olde Forge Drive, complied. But Fox followed her and got into an argument with the victim about whether he had permission to speak with his mother. The son asked his mother to drive to the Exxon station at 375 Warrenton Road so they could get away from Fox, Kennedy said. But Fox came too, and the argument resumed. Kennedy said the victim was backing up and holding his hands to the side when he was pushed to the ground. He was then punched in the face until he was unconscious. (The Free Lance-Star, Sept. 16; www.fredericksburg.com)

National

Senate Finance Committee Chairman Max Baucus unveiled an \$856 billion health-care reform plan Wednesday. It would require nearly all Americans to carry health insurance, while barring insurance companies from discriminating against people based on their health status or denying coverage because of preexisting conditions. The plan does not call for a government-run insurance option, as advocated by President Obama and most Democrats, but would set up a system of nonprofit consumer-owned cooperatives to compete with private insurers, a provision intended to appeal to Republicans who have railed against the "public option" in recent weeks. The Congressional Budget Office later issued a "preliminary analysis" saying that the plan would cost a total of \$774 billion and would "result in a net reduction in federal budget deficits of \$49 billion" from 2010 to 2019. There was no immediate explanation for the differing cost estimates. Baucus (D-Mont.) released the plan aimed at overhauling America's \$2.5 trillion health care system ahead of a vote scheduled in the Finance Committee for next week. (The Washington Post, Sept. 16; www.washingtonpost.com)

Global

A U.N. human rights panel accused Israel and Palestinian militants on Tuesday of committing war crimes during the three-week war in the Gaza Strip last winter. However, it reserved its harshest criticism for the Israeli military, saying that soldiers targeted civilians in an offensive that left as many as 1,400 people dead. The U.N. team, headed by South African judge Richard Goldstone, asked the U.N. Security Council to order Israel and the Palestinian Hamas movement to conduct credible investigations into the alleged crimes. If either side fails to do so within six months, the panel said, the evidence should be referred to the Hague-based prosecutor of the International Criminal Court. In a 574-page report, the four-member panel accused Israel of targeting civilians in mosques and schools, as well as destroying crops and factories, including the only flour factory in Gaza City. The panel also said Israeli soldiers blindfolded and handcuffed Palestinian civilians and, at gunpoint, used them as human shields to enter unsecured homes. (The Washington Post, Sept. 16; www.washingtonpost.com)



Above, from left to right: Sophomore Ashley Cameron and juniors Diana Weigel and Erin Burke attend the SHH Summit. Below: Bobby Durrette, director of communications and technology (left), speaks with Shin Fujiyama, co-founder and executive director of SHH (right).



Courtesy of Bethany Mastrianni

Want a heads-up on upcoming campus changes?
Want to know firsthand what's going on around campus?

Attend the Board of Visitors meeting, Sept. 17 from 1 p.m. to 5 p.m. and Sept. 18 from 8 a.m. to 12 p.m. in the Minor Board Room of the Jepson Alumni Executive Center.

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Sports



Rugby Gets off on the Right Foot

By ANDREW KADA
Staff Writer

This past Saturday, the Mary Washington Mothers' rugby team opened their fall season with a solid win against last year's Division III final four team, Longwood University.

UMW used 23 different players throughout the "A" game, swapping players at every position except for flyhalf and fullback.

The team utilized different players due to their abilities to quickly learn and contribute.

Senior Tom Ford played scrumhalf for the first time in two years and the team's new members, sophomore transfer Todd Lancaster and freshman Mauricio Menendez, also saw time on the field.

Although the Mother's did win their match against Longwood, senior captain Scott Hoffmann sees room for improvement. "We did not play up to our potential... However, we were able to play 23 players so everyone got good experience before our first league match against JMU this Saturday," the captain said.

The UMW Mothers started the first half with decisive play from junior eightman Casey Snyder and the team got solid tackling from Tito Garcia and Rex Mahoney. Hoffmann played well at flyhalf throughout the game and kept the Mother's pretty much error-free.

Other players who made significant moves on the field were Junior wing Conor Kantwill and Junior Center Tristan Sonnett. By the end of the first half, UMW had a comfortable 13-5 lead over the Lancers.

The second half opened with more hard tackling from Mary Washington. The Mothers showed a lot of heart and stuffed Longwood on the goal line a few times. After that point, Longwood was unable to make any more valid threats upon UMW.

The Mothers performed an excellent multi-phase play that showed great teamwork and capped off the scoring to seal a Mary Washington win. Junior's Joseph Maro, Kyle Hoffman, Tristan Sonnet, Henry Jones and Captain Hoffman were the key cogs in Mary Washington's 20-8 victory. The loss was the first for Longwood on their home field in three years.

The Mary Washington Mothers look forward to the rest of the season with much optimism about their future matches. The team is confident in their athleticism, teamwork, and experience to get the job done.

"The team looks strong. The team strengths are our skillful and speedy backs, and our intelligence and hard working forwards," Hoffman said.

The team goals this year are set high but the Mothers are more than confident. Hoffman said that the team thinks they can "repeat as state champs and win a spot for the regional finals in Florida."

The team has set lofty goals and in order to achieve them they will need to continue to work hard and tackle well. The support of the students here at Mary Washington is also key. Hoffman says he hopes that everyone goes out to the Battleground pitch this Saturday at 1 p.m. for the team's first home game.

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Courtesy of Aaron Frank

The UMW Rugby team got an impressive win this past weekend, as they handed Longwood University their first home loss in three years.

The Death of Sportsmanship

By ZACH MORETTI
Staff Writer

Sportsmanship is in great decline in major sports all across the country. It started in late May when Cleveland Cavaliers forward LeBron James didn't shake hands and dodged the media after his team lost to the Orlando Magic in the Eastern Conference Finals. You can't take all the glory and bask in the positive glow from the media when your team wins but bail on your teammates when you lose and slip out the backdoor.

In the relatively tame sport of golf, Tiger Woods is notorious for screaming out curse words when he hits a bad drive and tosses his clubs after a poor shot. It just comes off as though he is throwing a temper tantrum every time he doesn't play well.

After Oregon lost to Boise State in a football game on September 3rd, Oregon running back LeGarrette Blount punched a Boise State opponent and then tried to go into the stands to fight fans who were heckling him. You can be frustrated that you lost, but there is no excuse for punching someone or trying to attack people in the stands.

Michael Jordan seemed childish last Friday when he took multiple cheap shots in his Hall of Fame speech at people that he felt had wronged him in some way. This was supposed to be a happy time for MJ to reflect on all the great things he had done, yet instead he used to try to tear down other people.

Last Saturday Tennis superstar Serena Williams' launched f-bombs at a line judge at the U.S. Open after she was called for a foot fault. "I swear to God I'm [expletive] going to take this [expletive] ball and shove it down your [expletive] throat you hear that? I swear to God." Then after she exploded, Williams acted as though what she had done wasn't even wrong and argued the fact that she was being penalized a point. No matter the circumstances, you cannot do that.

So the question is, what happened to sportsmanship? One doesn't have to be happy when they lose and they are entitled to be frustrated or disappointed, but they cannot act as these individuals did. These people are supposed to be role models, and their actions make them look like rich cry babies who can't take losing. There needs to be change from these athletes. Enough with athletes thinking they can be poor sports and all will be forgiven if they apologize after. That's not good enough. We hold these people to a higher standard, and it's time they start acting like adults and leave the childlike behavior behind.



Courtesy of the Associated Press

Serena Williams lost her cool and threatened a line judge after she was called for a foot fault.

What's Up In Campus Dining?



Get To Know Us! Meet Rose Benedict, Marketing Specialist

Rose first came to work for us in 2005 as our Catering Administrative Assistant. For the last two years she has been our Marketing Specialist and has truly become an integral part of our campus dining team. Rose implements and publicizes our special events and programs for students, prepares our newsletters, maintains our web site and internet communications, and serves as a Customer Advocate for our dining guests. Rose has a passion for people and loves finding ways to make everyone's dining experience a fun and memorable occasion. In recognition for her outstanding customer service, we selected Rose as our Circle of Customer Excellence (CoCE) Star for June. She was later chosen as the CoCE Star for our District and Region, before ultimately being selected as the June CoCE Star for the entire Campus Services Division of Sodexho. Rose is usually on hand in the Seacobeck dining rooms during lunch service to assist our guests. Please say "hello" the next time you see her, and be sure to let her know if you have any questions, have suggestions on ways to improve our service, or would like to help with our special events.



UPCOMING EVENTS

September 10: Our Red Hot Chef presents Funnel Cake Straws, a "Student's Choice" Selection! Ranked #3 in a vote by students from across the Nation! South Market- 5 to 7 PM.

September 15: Indian Heritage Celebration Feature. Enjoy curry specialties in the South Market as we celebrate Indian culture and cuisine. 5 - 7 PM.

September 16: "MEX TO THE MAX" FIESTA!! South Market, 5 to 7 PM. Join us as we kick off our celebration of Hispanic Heritage month with Latin music and authentic Mexican dishes! Our recipes were created by renowned Mexican chef and restauranteur Roberto Santibanez, and will delight one and all. Student guests may enter our drawing to win great prizes, including the Grand Prize of a private dinner party for 10! Watch for more "Mex To The Max" features every Wednesday through October 7 - and more chances to enter the drawing!

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 UNIVERSITY OF
MARY WASHINGTON

Sports

UMW Wins First Cross Country Meet

By NICK NELSON
Staff Writer

The men's and women's cross country teams had an outstanding combined effort this weekend, as each placed first in the Washington & Lee Invitational last Saturday in Lexington.

Sophomore Kyle Anderson and junior Kristy Witek were both named Capital Athletic Conference athletes of the week, helping their teams to victory against seven other schools. Anderson finished the eight-kilometer race in 28:59, while Witek finished her five-kilometer event in 20:37.



Courtesy of the Nick Nelson

Mary Washington sophomore Kyle Anderson led the Eagles with his eight-kilometer time of 28:59.

Witek led a group of seven members of the Mary Washington team to finish in the top 20, including senior Jason Driscoll taking third place with a time of 29:09.

Other Eagle runners to place included junior Stephen Harrison who finished fifth, freshman Scott Plunkett completing the race in sixth, and sophomore Chris Marino and freshman Sean Healy finished 12th and 13th respectively.

On the women's side, junior Sara Dawes placed bronze, sophomores Mara Cate and Michaela Sands finished seventh and 10th respectively, while the top-20 was rounded out by senior Nina Pfeiffer (14th), sophomore Dawn Rainbolt (17th) and junior Madelyn Crowell (19th).

"I wasn't sure what to expect," Witek said. "I started downhill, which was great, but the second mile was all uphill, that was tough. We did very good overall."

Both teams view Saturday's win as a promising start to the 2009 cross country season.

"I'm very pleased with the effort," Coach Stan Soper said. "We were very competitive. The men's team was very successful, despite missing a few guys, which just shows the depth on the men's side. This is the best we've looked in a long time."

Soper was equally pleased with the performance of his women's squad as well.

"They're not as deep, but of course, you're always happy with a win. There's less room for error [with less depth], and they'll have to be on their game."

The entire team realizes what is necessary to continue their winning ways throughout the rest of the season.

"The first win is always a confidence builder," Soper said, "but come [Saturday's] event it's just another race. The sport is as much mental and emotional as

it is physically though, and it's a great way to build confidence. It sets the tone for the season and shows that the summer training really paid off."

According to Witek, the weather was a factor early in the race.

"It was freezing at first, but once the sun came out, it felt great out there, really a great day for it," Witek said.

Everyone involved commented on the fact that both squads were able to give very impressive showings despite missing key members of the team and it being so early in the season.

"It was our first race, so we were a little more conservative out there," Anderson said. "We had fun though, and a win gets us excited."

"We're the second team in the region, and we don't even have Hayley [Sullivan] back yet," Witek said. "Really shows that we can stay strong out there."

Both teams will lace up their running shoes and return to action this Saturday at the Dickinson College Invitational in Carlisle, Penns.



Courtesy of the Nick Nelson

UMW junior Kristy Witek finished first in the women's five-kilometer event with a time of 20:37.

Athletes of the Week

Kyle Anderson and Kristy Witek were the top runners for UMW in the Washington & Lee Invitational and they were named CAC Athletes of the week.

Women's Soccer Team Struggles

By NICK NELSON
Staff Writer

Despite coming into last weekend's contests against Gettysburg College and Susquehanna University with an unblemished 3-0 record and three straight shutouts, Mary Washington was unable to come away with victories against strong competition, losing 1-0 to Gettysburg and drawing 2-2 against Susquehanna. The Eagles are now 3-1-1 on the season.

Frustration was visibly evident on the faces of the Mary Washington players after Saturday's tough loss, who despite outshooting the Gettysburg Bullets 7-4, allowed an own goal to dribble past the net-minder off a Gettysburg free kick at 61:57.

"We lacked a leader out there," Coach Corey Hewson said about the own goal. "[The team] had to make a tough decision at that moment, and unfortunately no one stepped up to do so."

Despite the disappointing loss, the Eagles came out of Saturday's contest with knowledge of what to improve and how.

"We have to play as a team out there," Hewson said. "We're not 11 individuals, instead of one team. We're not clicking. We're not playing our game. We're a young team though, and we'll work hard and figure it out. These girls aren't going to let each other down, because they're not going to let each other let themselves down."

The Eagles outshot the Bullets 4-2 in the first half, yet the score remained at zero for both squads. Defense remained equally strong in the second half, as Mary Washington outshot Gettysburg by a 3-2 margin, only allowing the own goal score.

The frustration of the own goal was evident in the play as well, as senior forward Kate Parvin was given a yellow card at 70:11.

Sophomore goalkeeper Tina Brehm notched two saves in Saturday's defensive duel, while Gettysburg goalie Allie Rivera made three. Mary Washington led in corner kicks 6-1. Coming into Saturday's game, the Eagles had yet to be scored on in three straight games, opening the season with 2-0, 4-0 and 1-0 wins against Shenandoah College, McDaniel College and Eastern Mennonite University respectively.



Courtesy of Clint Often

The women's soccer team was 3-0 last week, but the fourth win proved to be quite elusive as the Eagles went 0-1-1 over the weekend.

day's defensive duel, while Gettysburg goalie Allie Rivera made three. Mary Washington led in corner kicks 6-1. Coming into Saturday's game, the Eagles had yet to be scored on in three straight games, opening the season with 2-0, 4-0 and 1-0 wins against Shenandoah College, McDaniel College and Eastern Mennonite University respectively.

"The girls just need to come together, to work smarter," Hewson said. "We've got to hold onto possessions, and not try to shove it down their throat."

Sunday's contest against Susquehanna was equally as frustrating, ending in a tie despite the Eagles' netting two goals.

Mary Washington drew first blood in the contest, opening scoring with a goal by freshman forward Sunny Herold at 20:39, whose goal came after just stepping onto the field in a substitution. Susquehanna returned the favor less than a minute after on a goal by Alison Chavers at 21:32.

The Eagles regained the advantage at 27:13 on an unassisted goal by junior midfielder Sarah Tryon, holding a 2-1 lead into halftime. The final score of the game unfortunately came off the foot of Susquehanna's Abby Montgomery at 53:44. Despite the tie score, the Eagles outshot the Crusaders by a stunning 34-7 margin and held a 5-3 advantage on corner kicks. Brehm had three saves to Crusader

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We have to play as a team out there. We were 11 individuals, instead of one team.

— Coach Corey Hewson

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Interested in sports writing? Contact Zach Moretti at zmoretti@mail.umw.edu